

# Youth Health & Wellness: Findings from the 2022 Student Health Survey

System of Care Advisory Council Data Subcommittee

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School Health Epidemiologist



# Welcome!

- Student Health Survey Overview
- Oregon Youth Data
  - Demographic & socioeconomic context
  - Youth mental health
  - Trust in systems
  - School climate & connectedness
- Youth Voice & Engagement
- Resources



# Student Health Survey Overview

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# What is the SHS?

- Oregon “version” of YRBS survey – comprehensive assessment of health, mental health, school climate, substance use, etc.
- Replaced Oregon Healthy Teens and Student Wellness Surveys
- All public districts invited to participate
- Administered 2020 (all school year) and 2022 (fall)
- Moving towards a more equity-centered, collaborative survey
- Active notification/passive consent of parents
- Weighted data at state and county levels

# SHS Collaborators

- OHA
  - Health Systems Division (Child/Family BH)
  - Public Health (Adolescent/School Health, Chronic Disease, Substance Use)
- Dept of Education
- Local school administrators/representatives
- Coalition of Communities of Color
- Youth Data Council (YDC)
- Oregon Tribes

# Strengths & Limitations of SHS

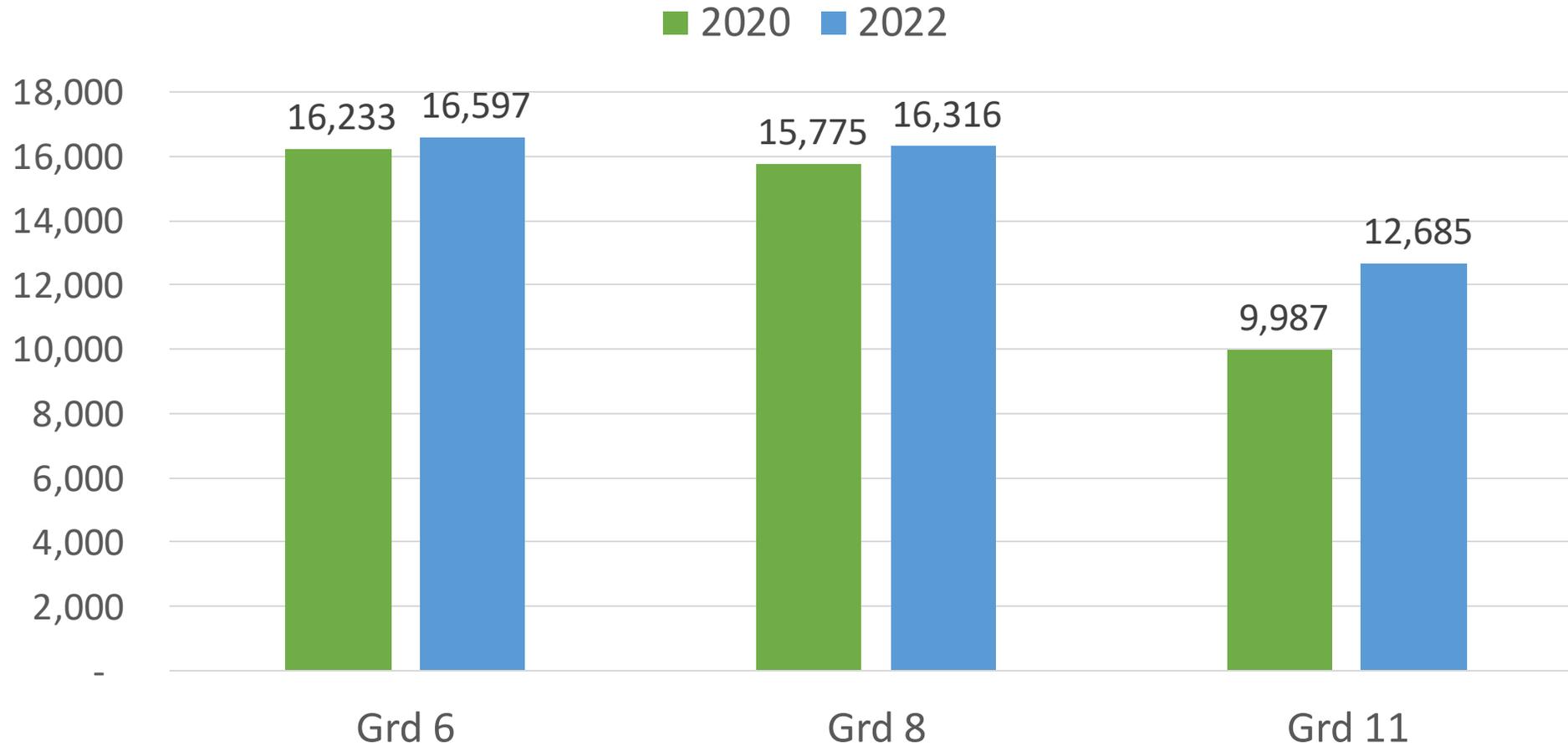
## Strengths

- One of the most comprehensive youth health surveys in the U.S.
- State & county data publicly available (frequencies & crosstabs)
- Supports many state and federal grants and reporting requirements
- Allows room for change and responsiveness to community needs

## Limitations

- Under/unrepresented populations: students w/disabilities, homeschooled/private school students, chronically absent
- 2020-2022 data not easily trendable
- Not all districts/schools participate
  - E.x., 2022 missing PPS, Salem-Keizer

# Student Participation in SHS



321 schools  
94 districts  
28 counties

# Big Changes Coming!

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- 2023 OR Legislature passed HB 2656
- Requires all school districts to offer two annual surveys:
  - (1) “a survey administered by [ODE] that is designed to assist [ODE] in gathering information about the education experiences of students in this state, including information on learning, opportunities to learn and school culture and climate”;
  - (2) “a survey administered by [OHA] in collaboration with [ODE] that is designed to improve the health and well-being of all students in this state and to help them succeed.”
- Parents must be given at least 5 days notice and be permitted to opt their students out (verbally or in writing)

# What This Means for SHS

- SHS will move to annual administration beginning Fall 2024
- All districts will have to offer the SHS to their students
- Opting out is an option for both parents and students
- New position in Adolescent & School Health: OPA3 to support schools and districts in using data, promote youth engagement in survey
- 2024 content development starting Fall 2023

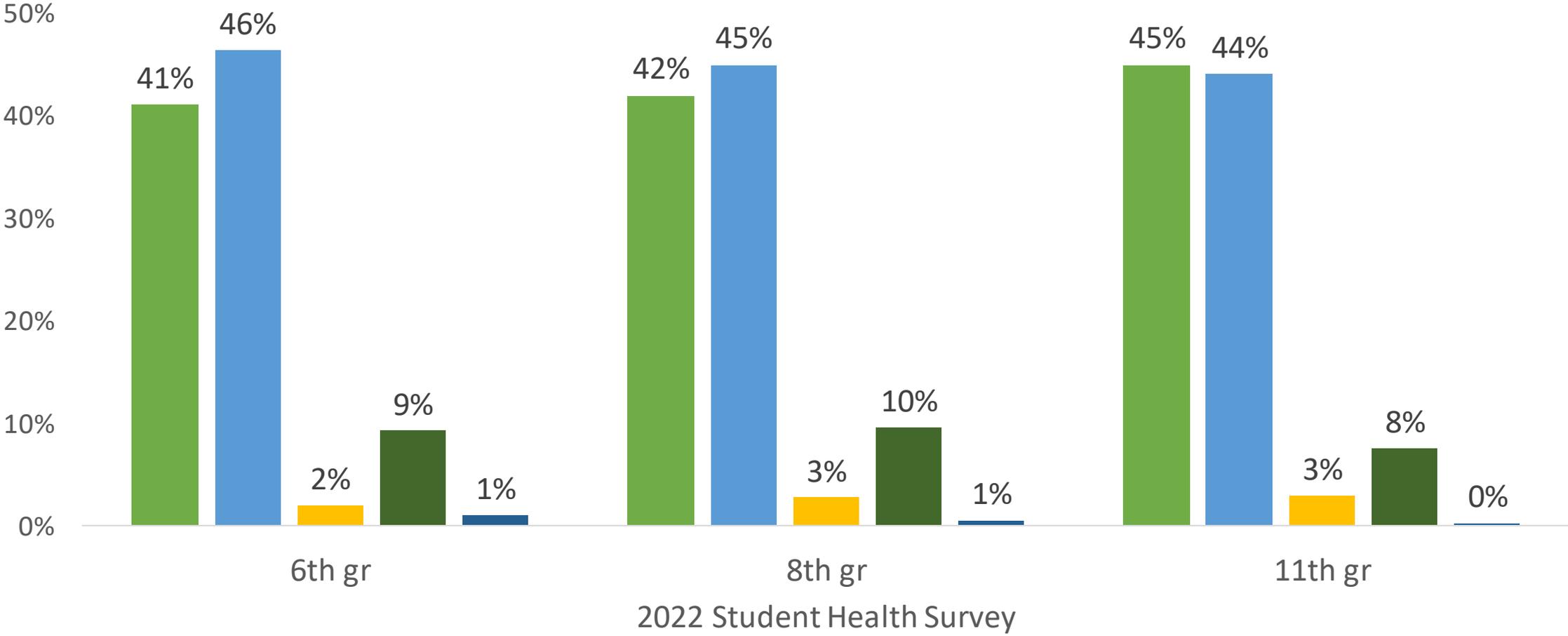


# SHS Student Participants

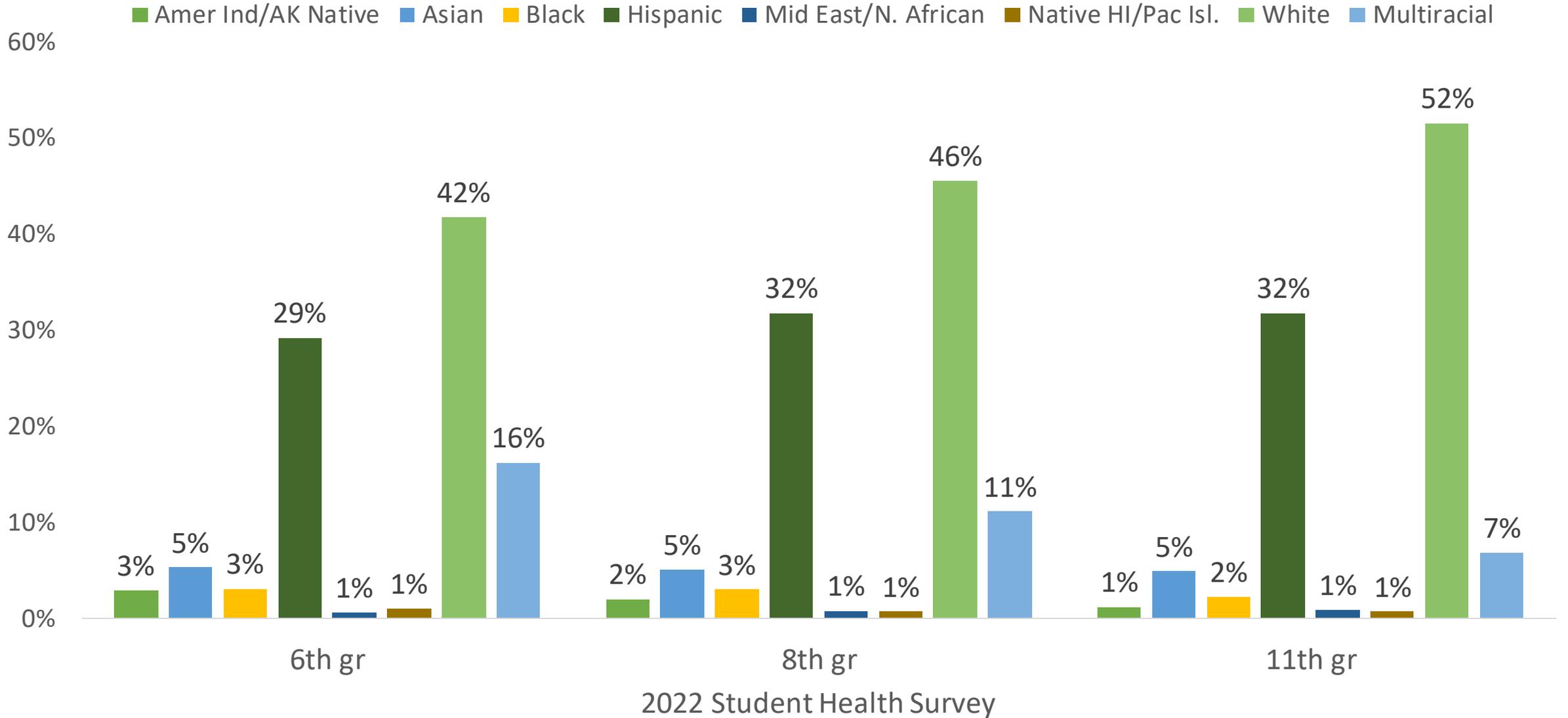
Demographic and Socioeconomic  
Context

# Gender Identity

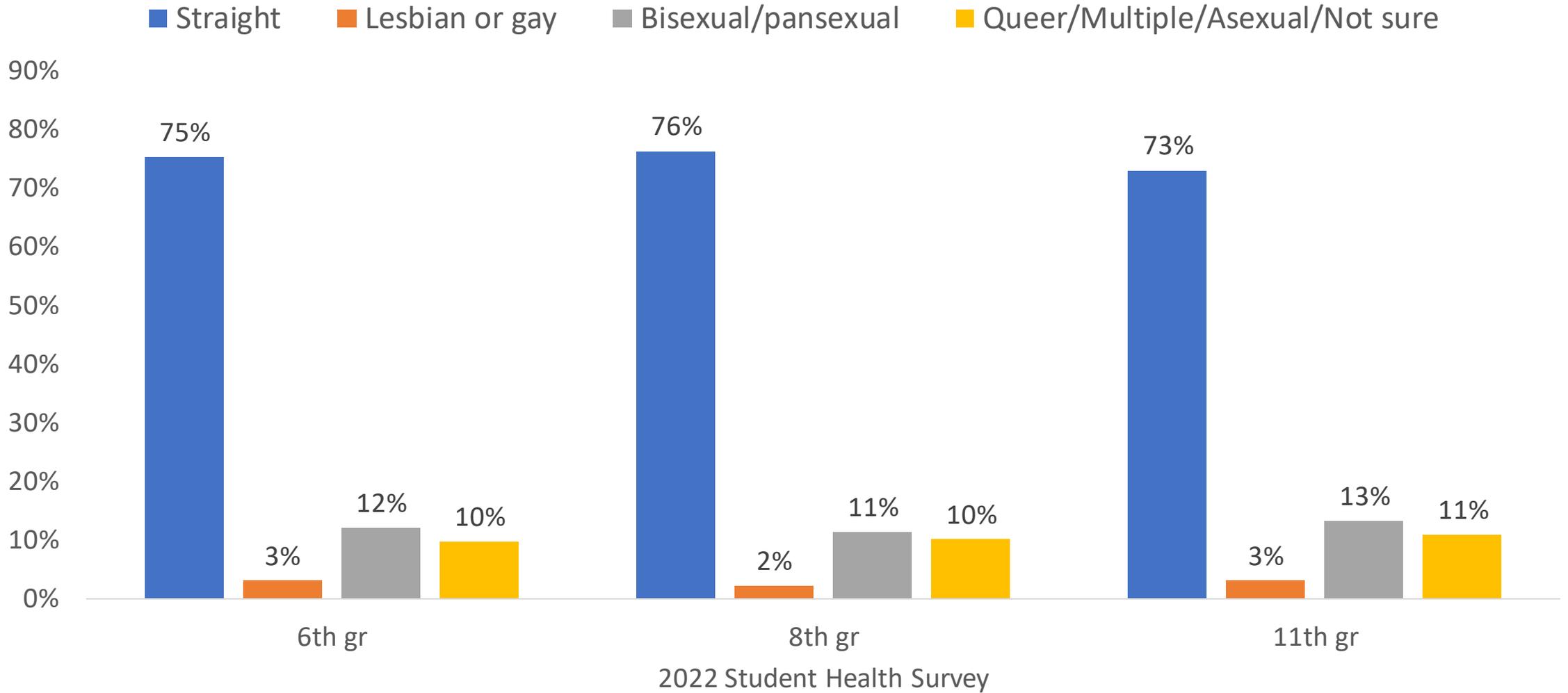
Female Male Transgender Gender expansive Don't understand question



# Race & Ethnicity

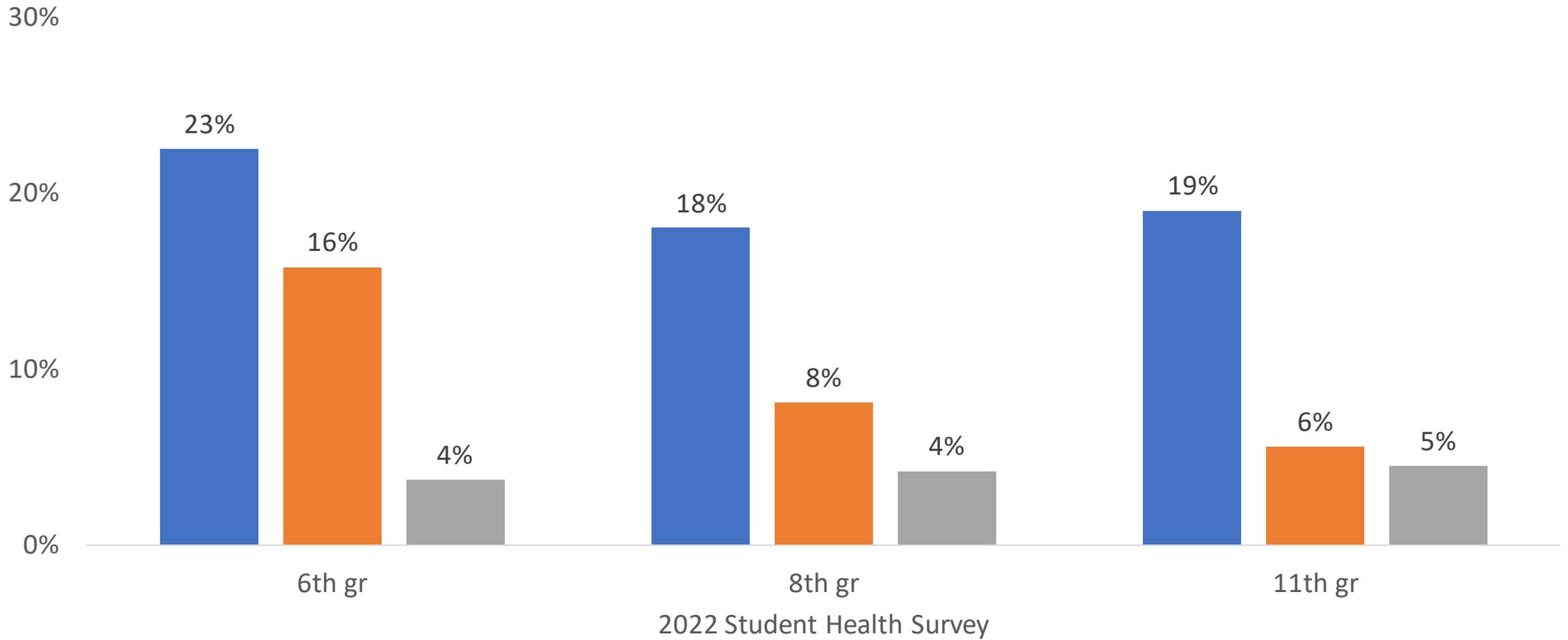


## Sexual Orientation



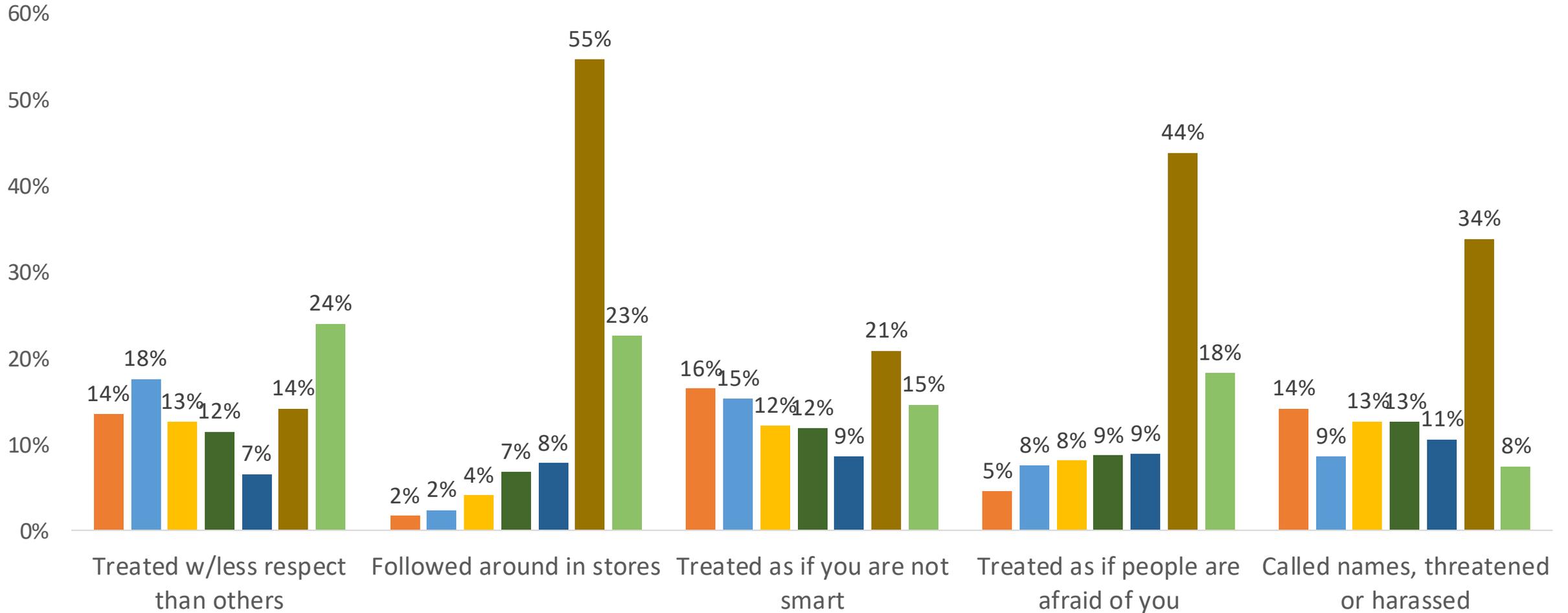
# Social Determinants of Health

■ Food insecure   ■ Unstable housing   ■ Has spent time in foster care



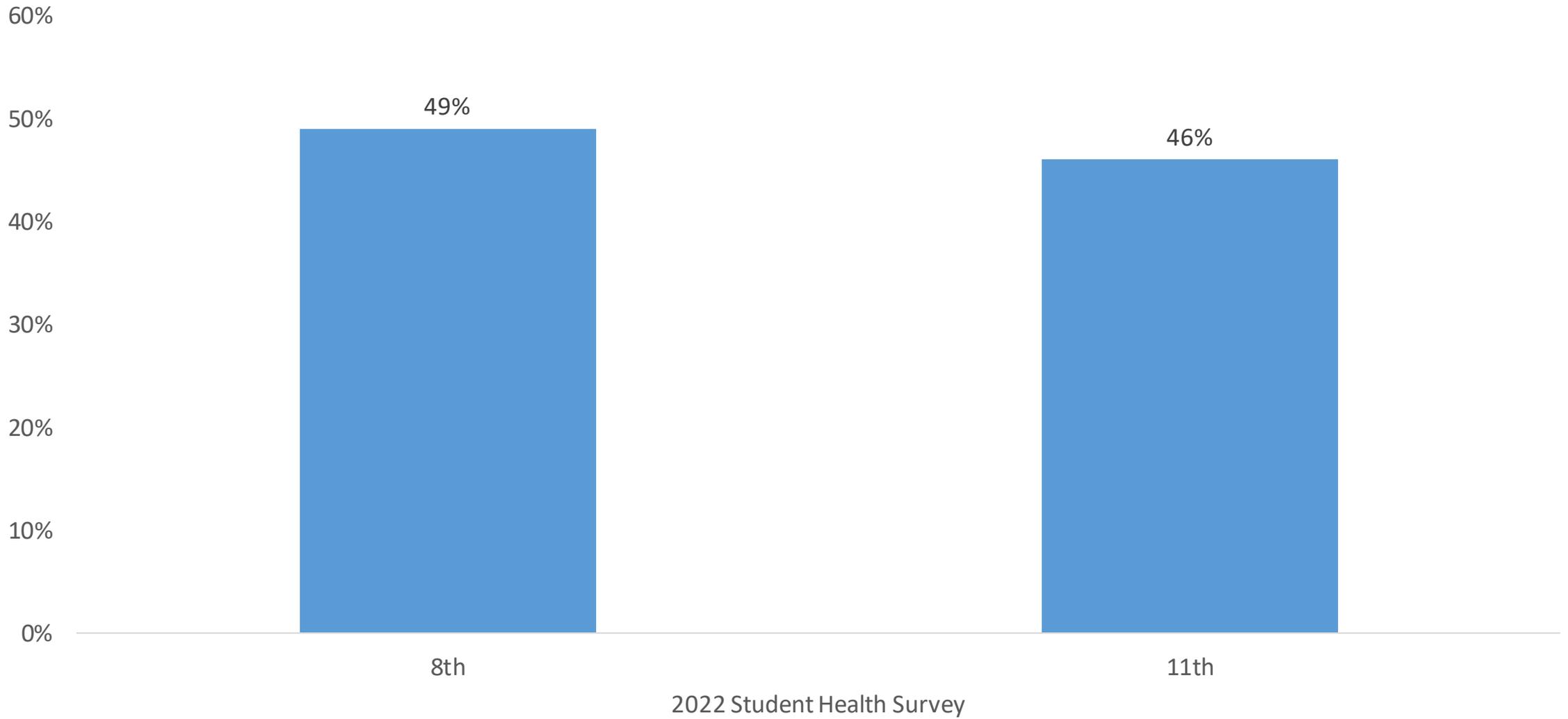
## How often are you...? (8th gr)

■ Almost every day   
 ■ At least weekly   
 ■ A few times/month   
 ■ A few times/yr   
 ■ Less than once a year   
 ■ Never   
 ■ Not sure

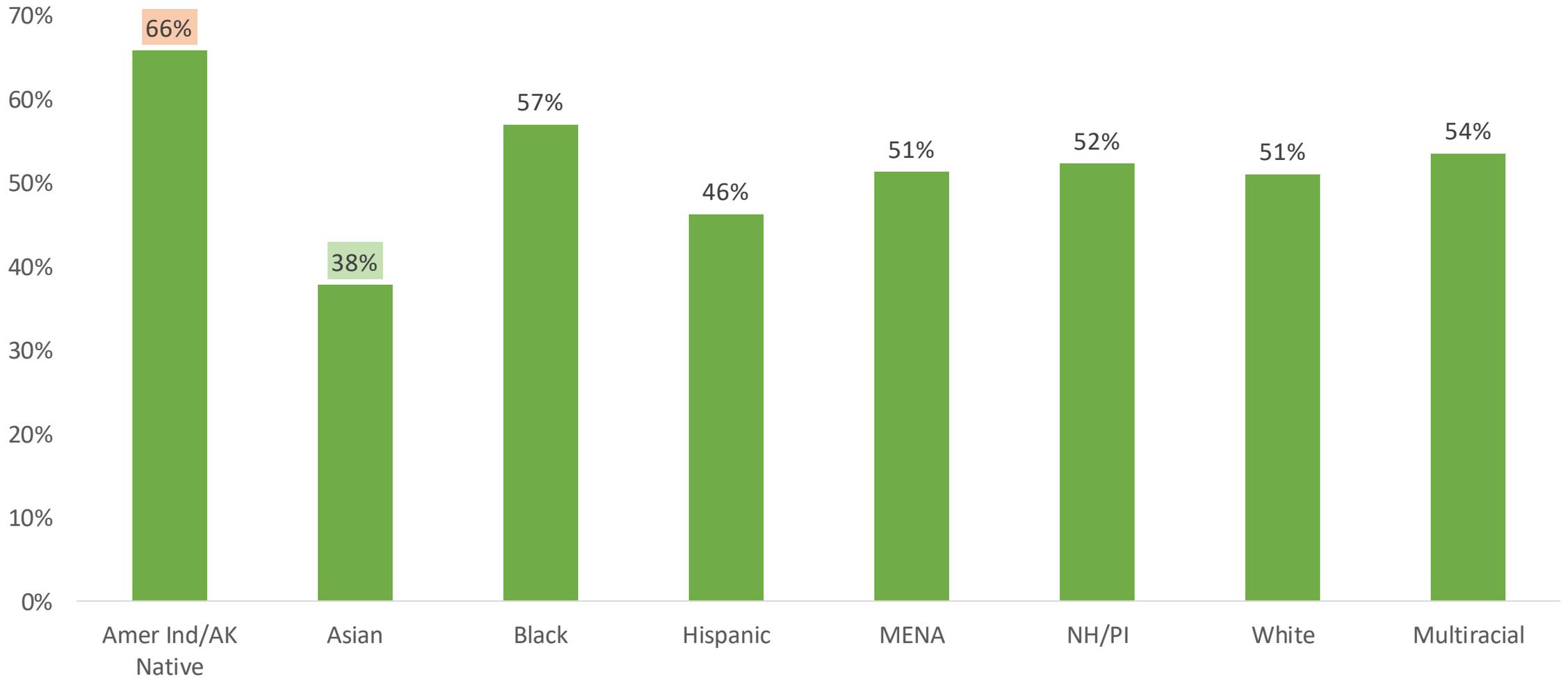


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### Experienced one type of discrimination at least weekly



Experienced one type of discrimination at least weekly (8<sup>th</sup> gr: by race/ethnicity)



2022 Student Health Survey



# Mental Health & Wellbeing

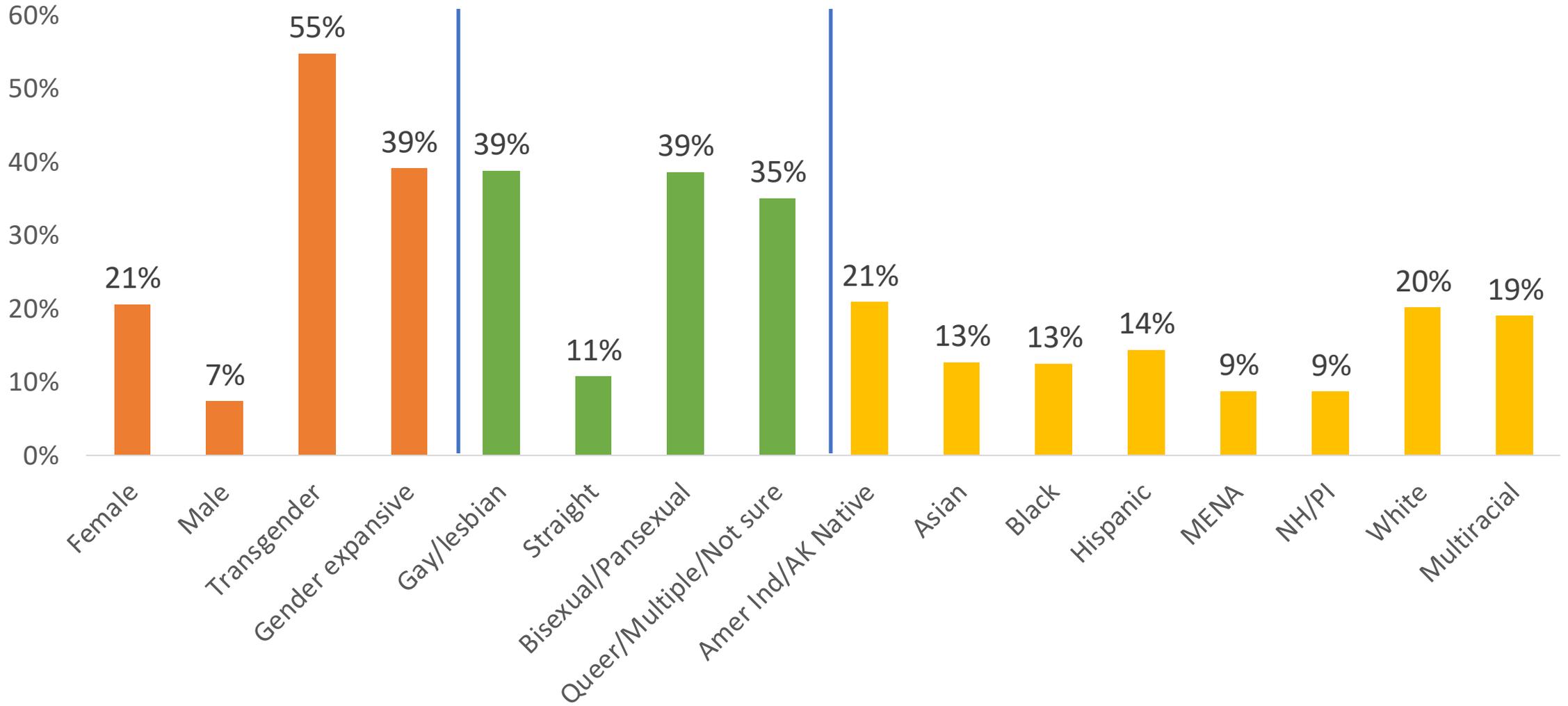
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# Mental Health Takeaways

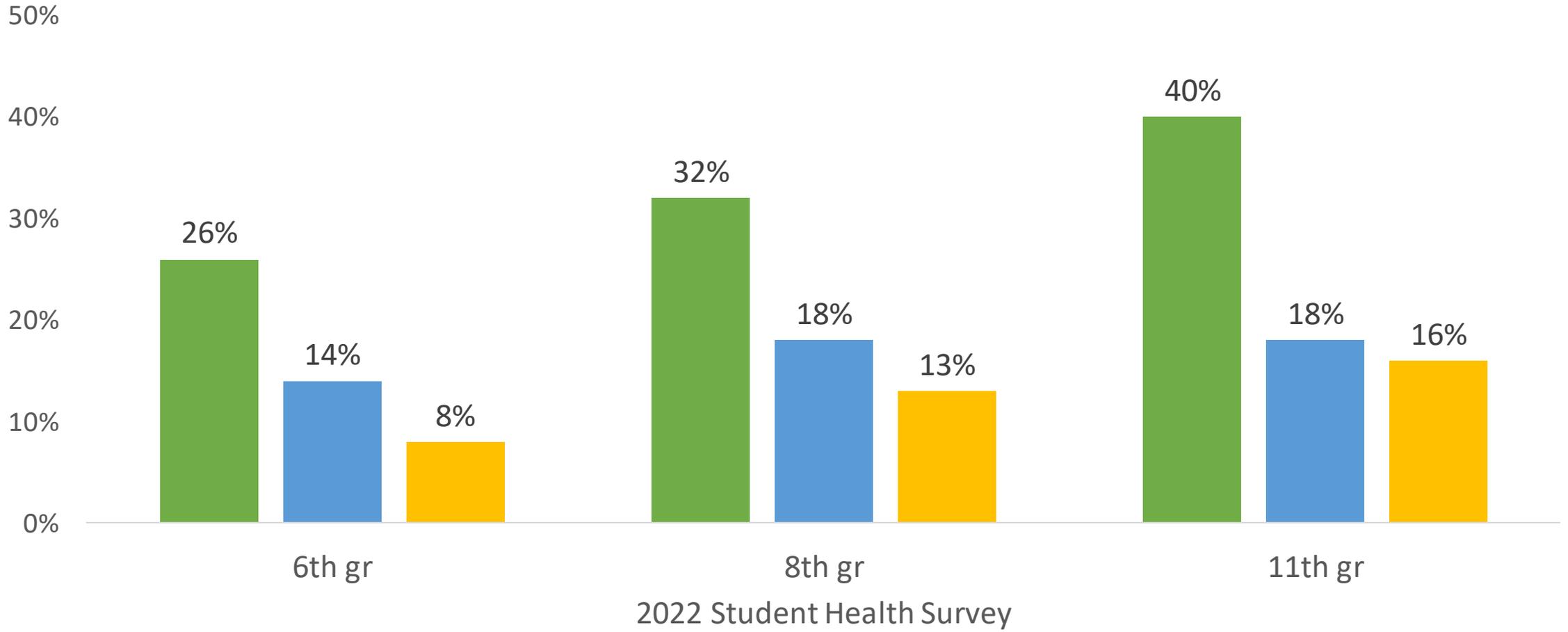
- Oregon youth are facing substantial mental health and wellness challenges
- The vast majority of youth have a safe place/person to go for help outside of school
- Queer, transgender, and female-identifying youth are experiencing significantly more distress and less adult support than males
- American Indian/Alaska Native youth reported higher rates of poor mental health among 11<sup>th</sup> graders

## Oregon Students Reporting Unmet MH Needs (8<sup>th</sup> gr)

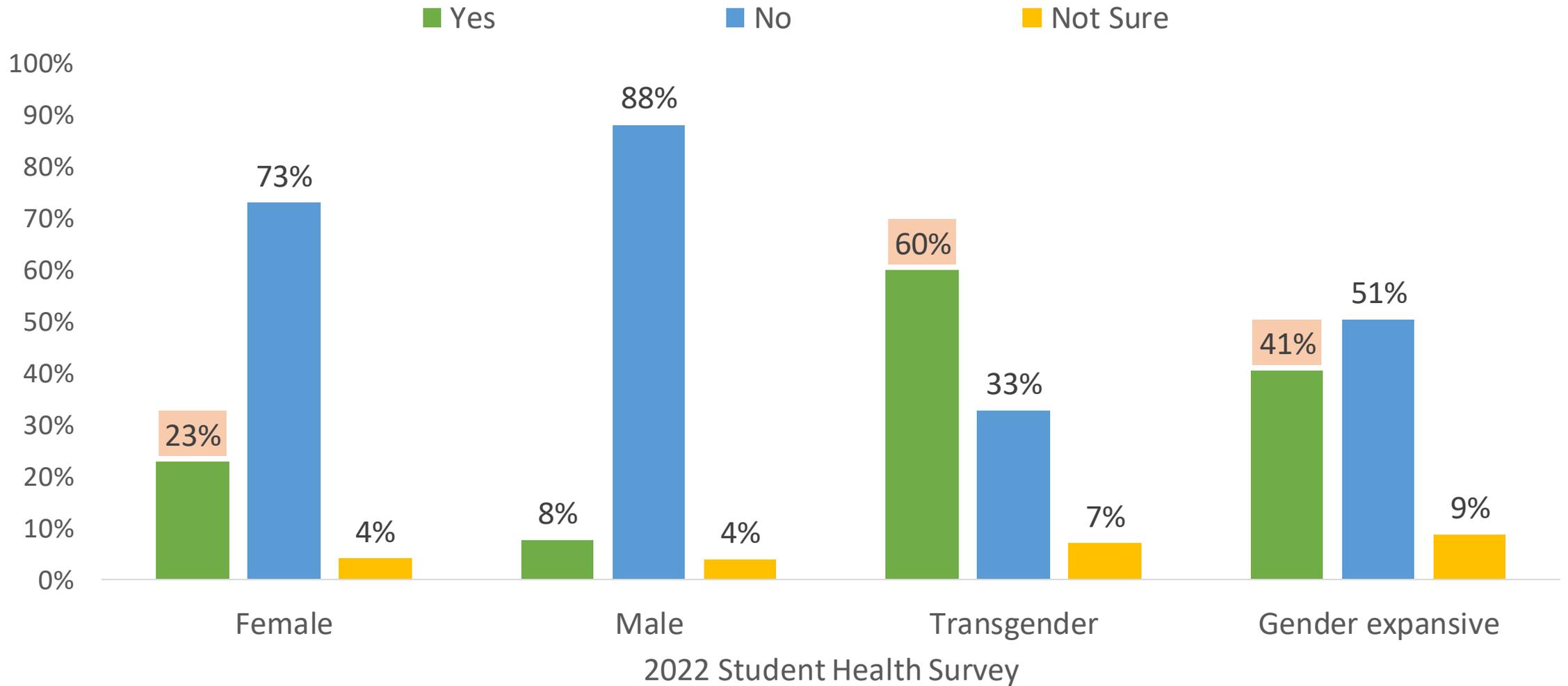


# Youth Mental Health in Past Year

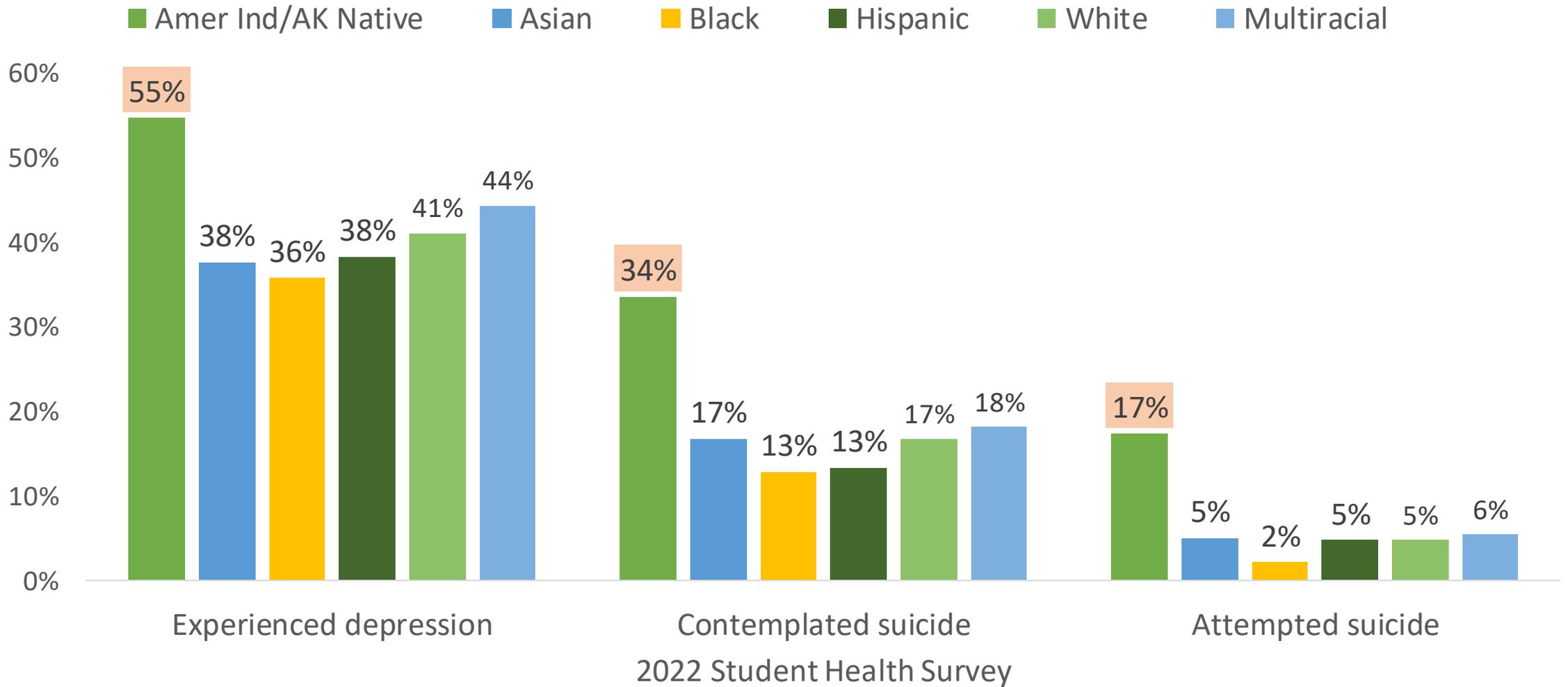
■ Experienced depressive symptoms   ■ Self-harmed   ■ Considered suicide



## Self-harmed in past year (8<sup>th</sup> gr: by gender identity)

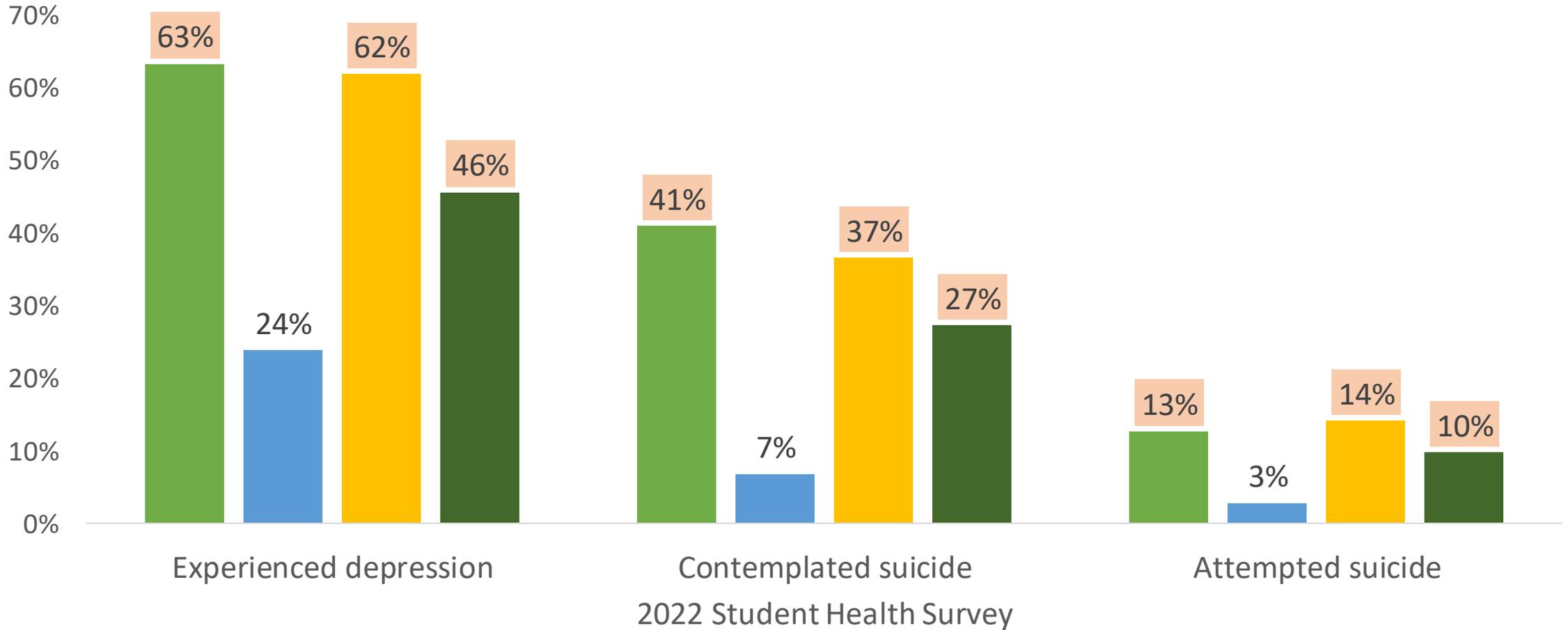


# Mental Health Indicators by Race (11th gr)

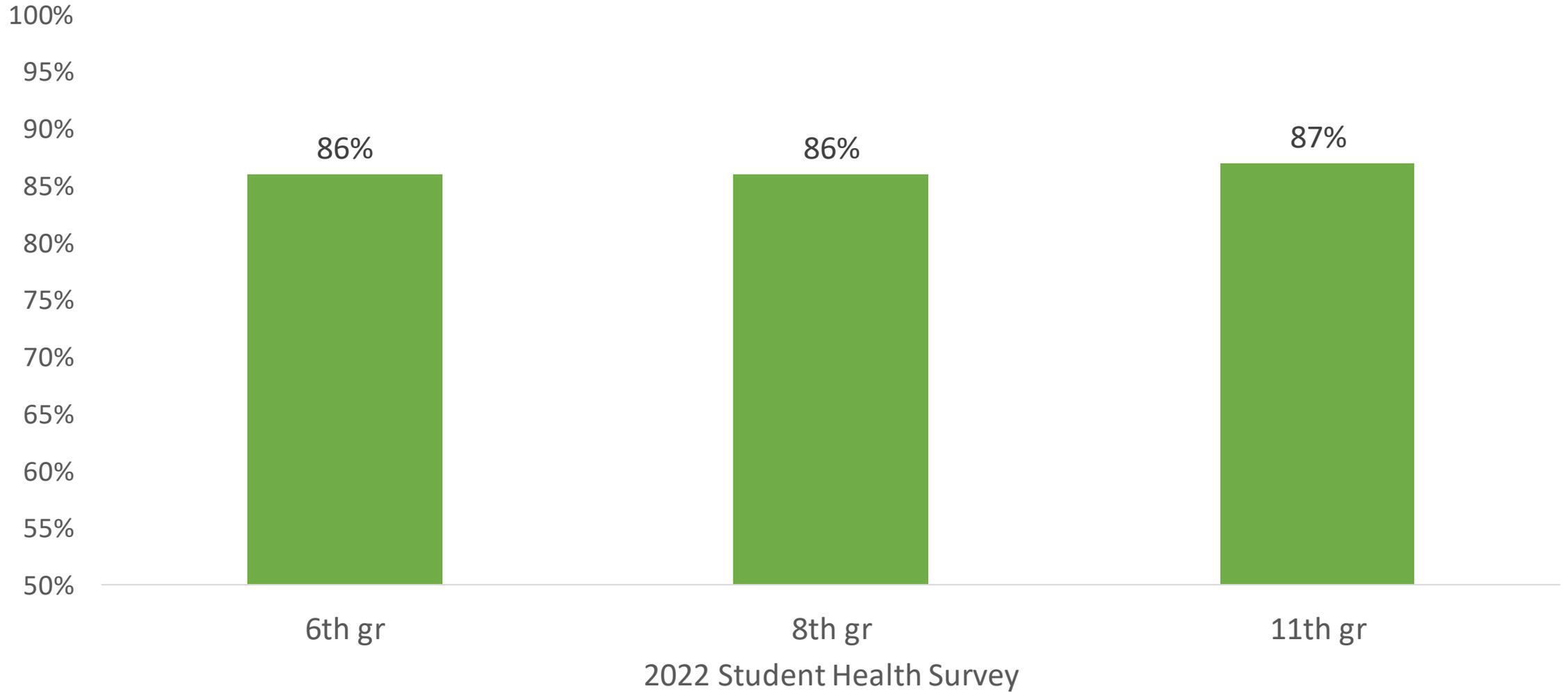


# Mental Health Indicators by Sexual Orientation (8th gr)

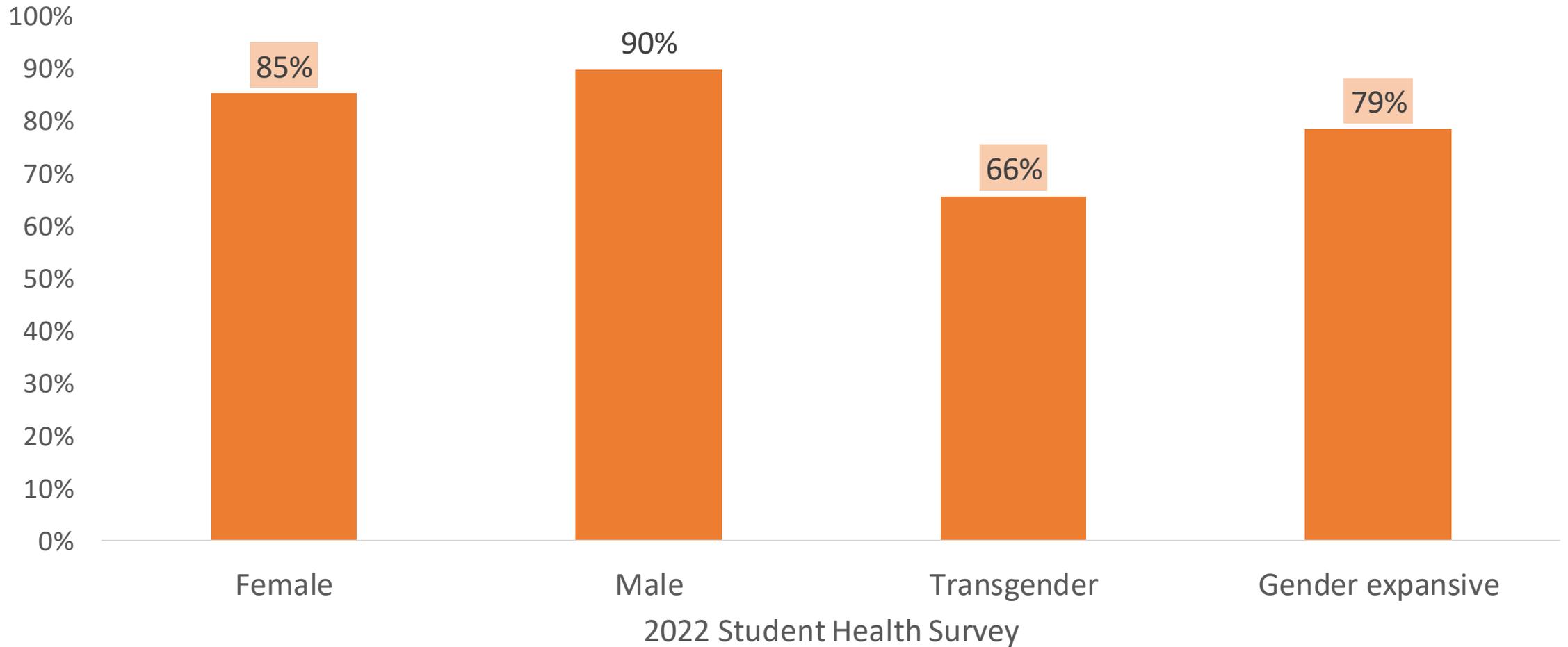
■ Gay/lesbian ■ Straight ■ Bisexual/Pansexual ■ Queer/Multiple/Asexual/Not sure



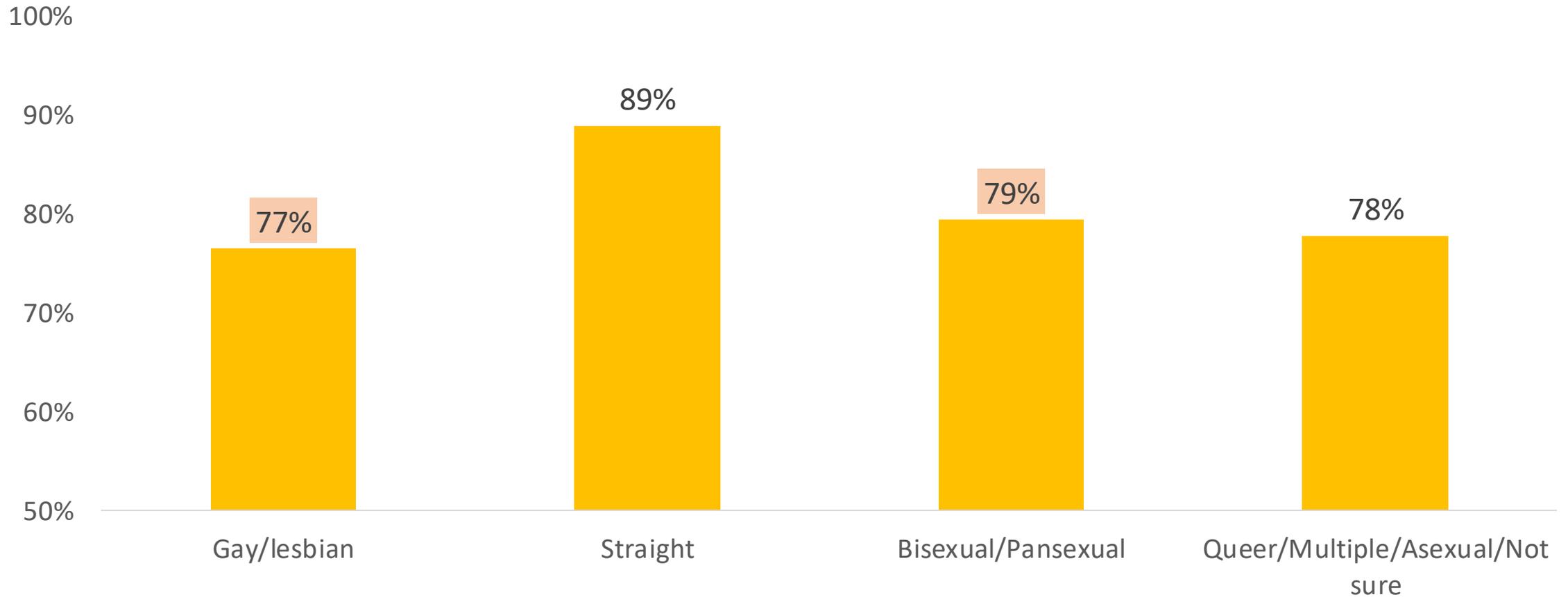
# Has Safe Place/Person Outside of School for Help



## Has Safe Place/Person Outside of School for Help (8th gr: by gender identity)



## Has Safe Place/Person Outside of School for Help (8th gr: by sexual orientation)



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# Trust in Systems

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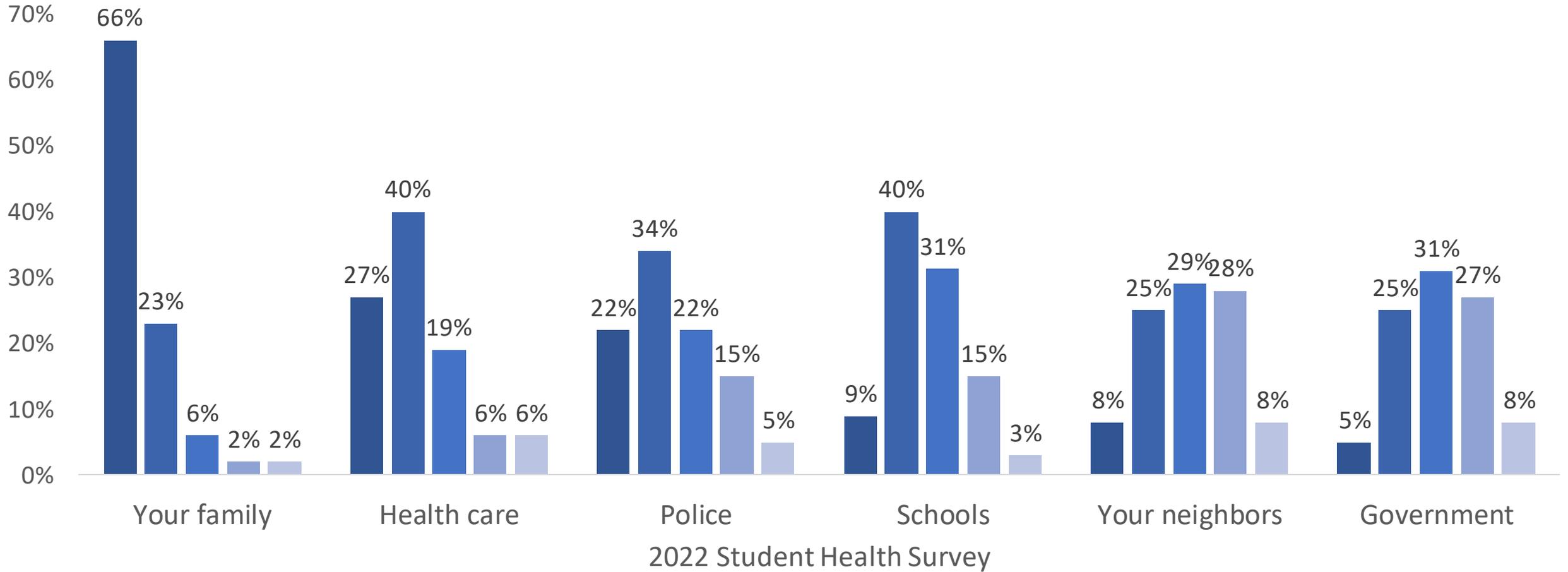


## Trust in Systems Takeaways

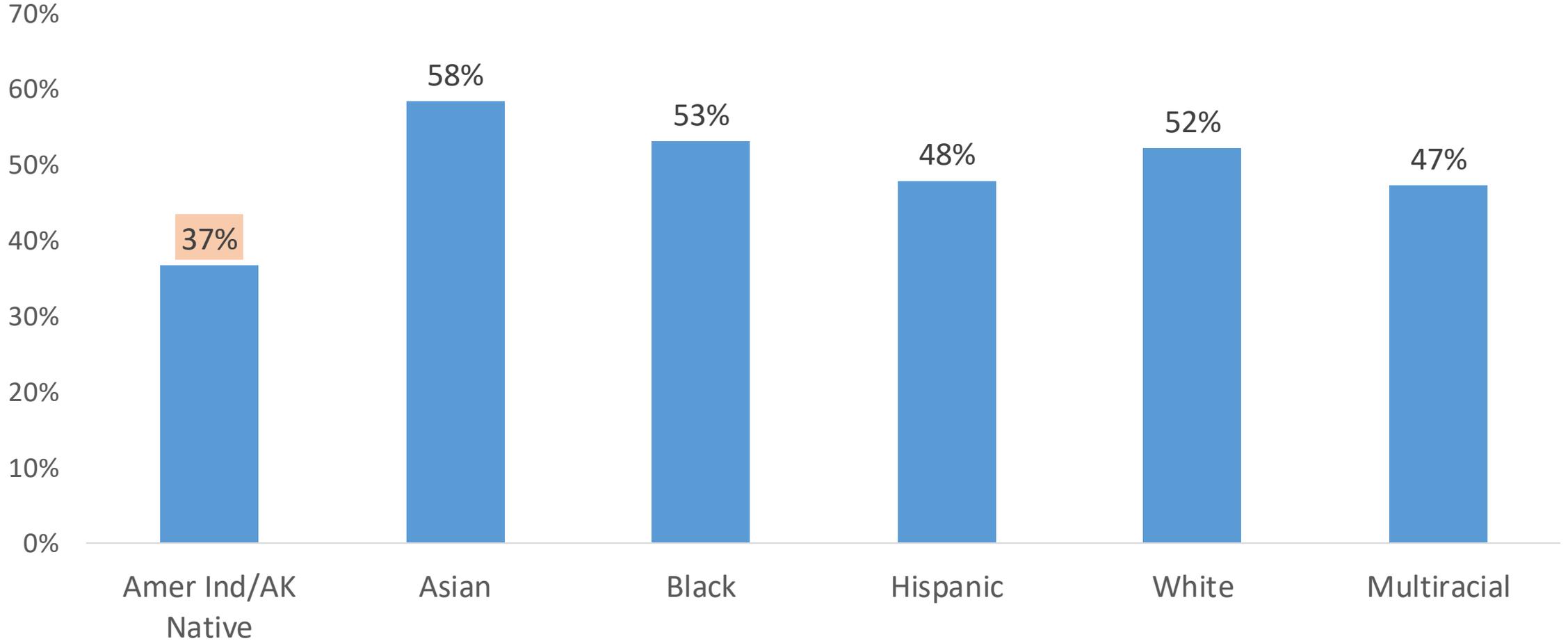
- Brand new questions for 2022
- Most youth have high trust in their families
- Youth have much lower trust in other systems/institutions, especially government, neighbors and schools
- Queer, transgender & American Indian/Alaska Native youth are the least likely to trust school

# Trust in Systems (11th gr)

■ A lot   ■ Some   ■ A little   ■ None   ■ Not sure

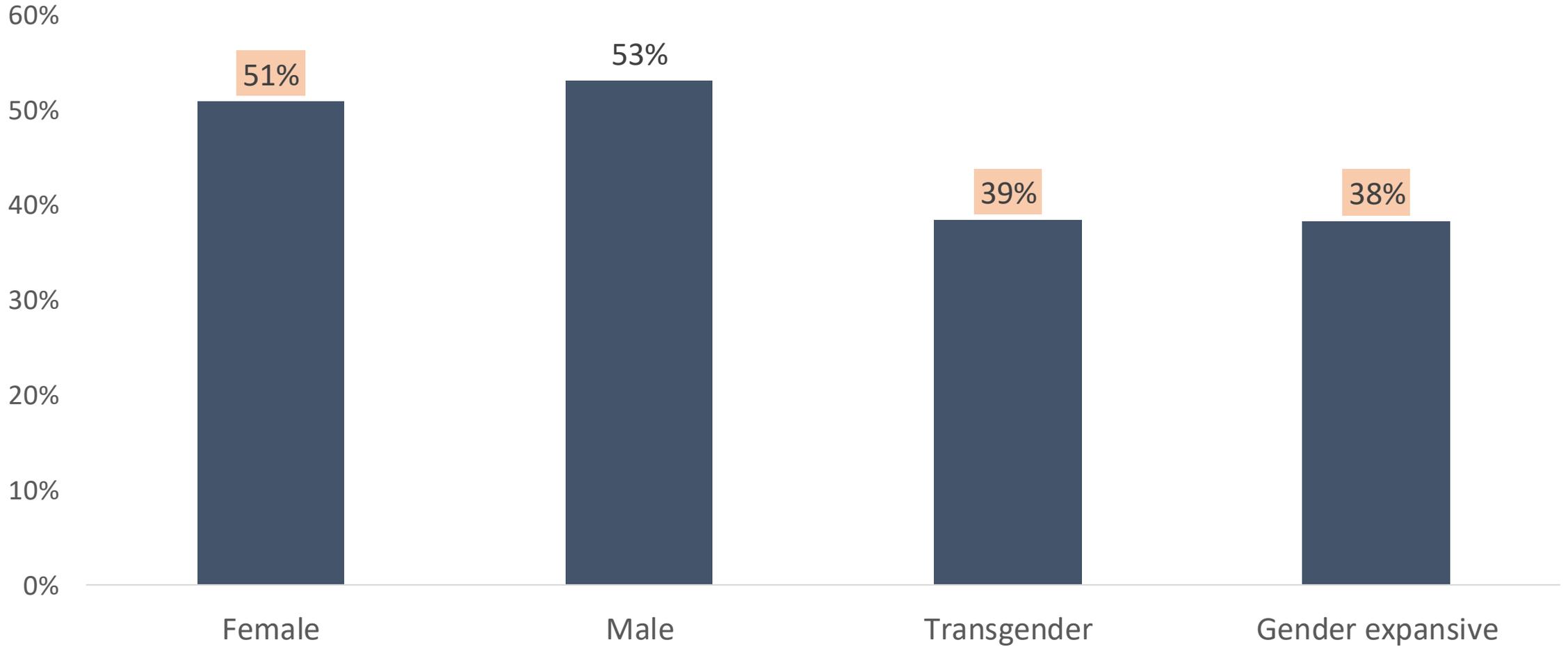


# Has A Lot of Trust in School (11th gr: by race/ethnicity)



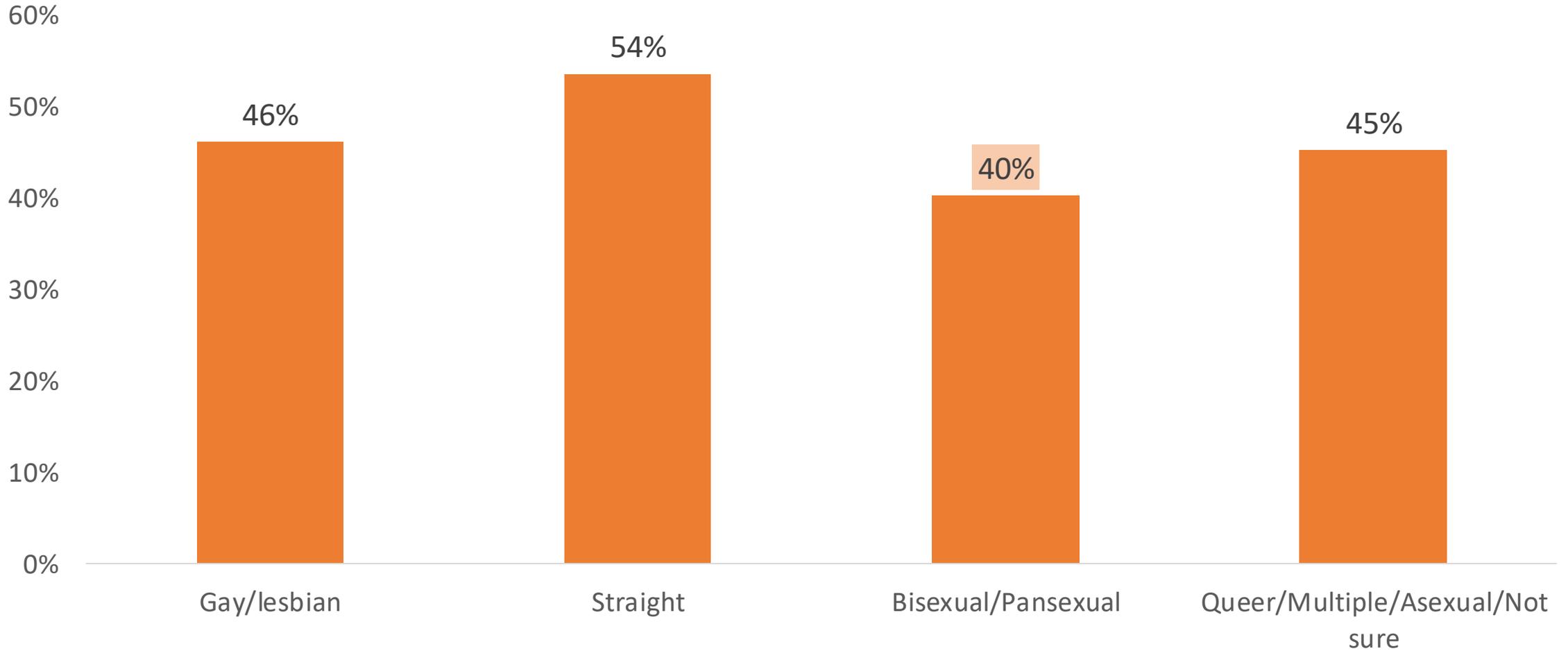
2022 Student Health Survey

## Has A Lot of Trust in School (11th gr: by gender)



2022 Student Health Survey

## Has A Lot of Trust in School (11th gr: by sexual orientation)



2022 Student Health Survey



# School Climate & Connectedness

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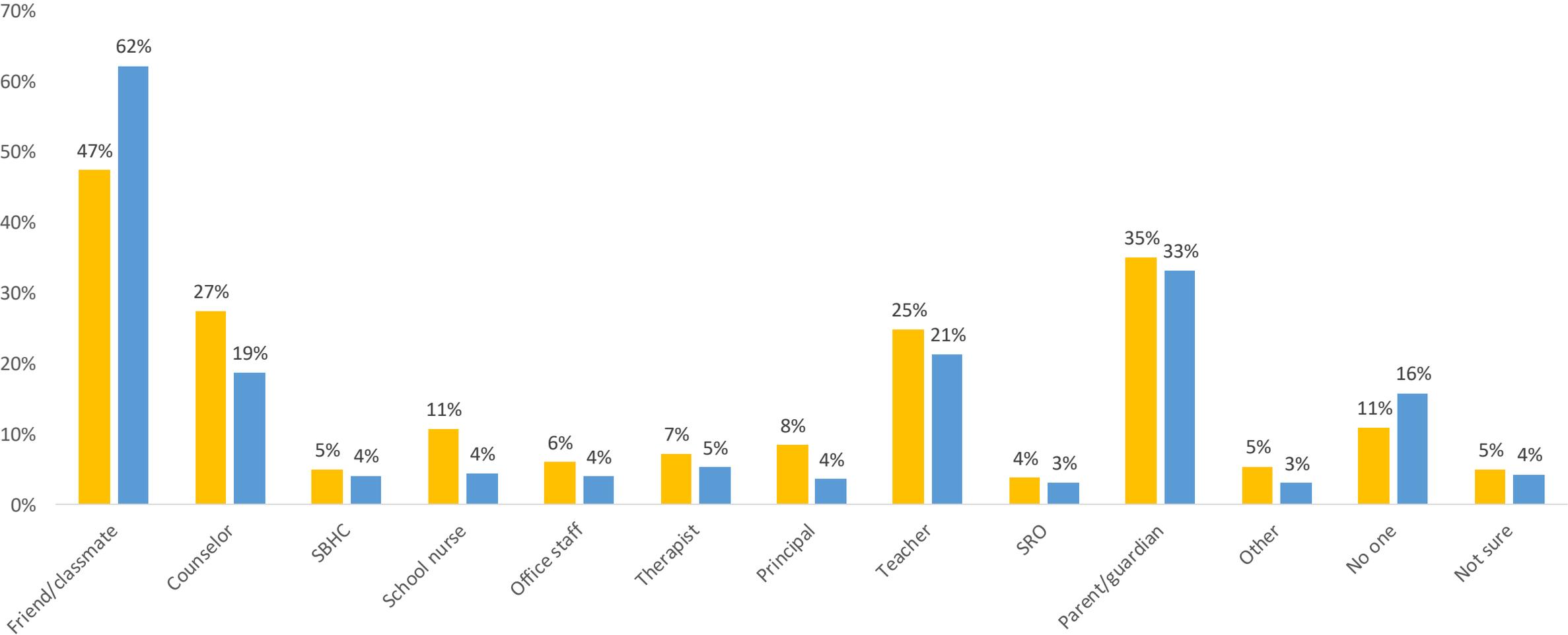


## School Climate/ Connectedness Takeaways

- Most youth have someone to go to for help at school
- Youth identifying as Asian, Hispanic or Black are less likely to feel an adult at school really cares about them
- About 2 in 10 youth experienced school-related bullying
- Rates of bullying among transgender and gender expansive youth were 3-4 times higher than for males

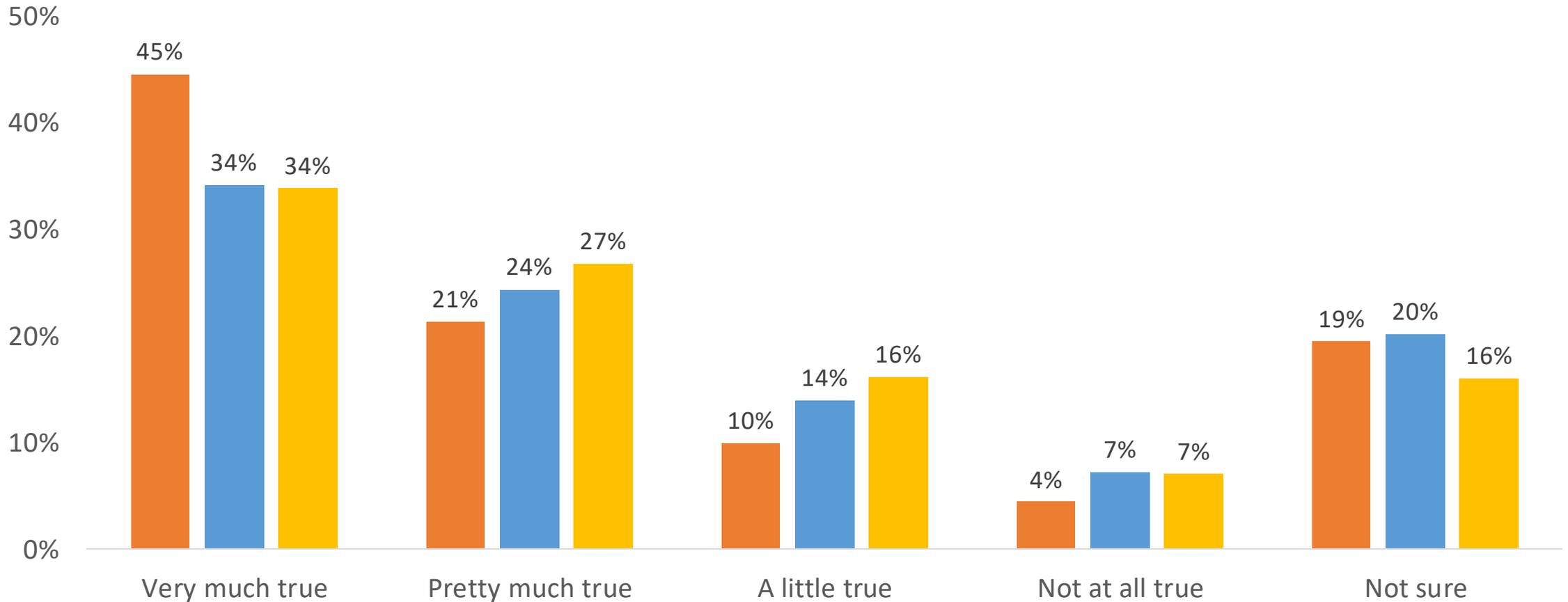
# Who would you go to for help if you had a health problem or felt stressed during the school day?

6th gr 11th gr



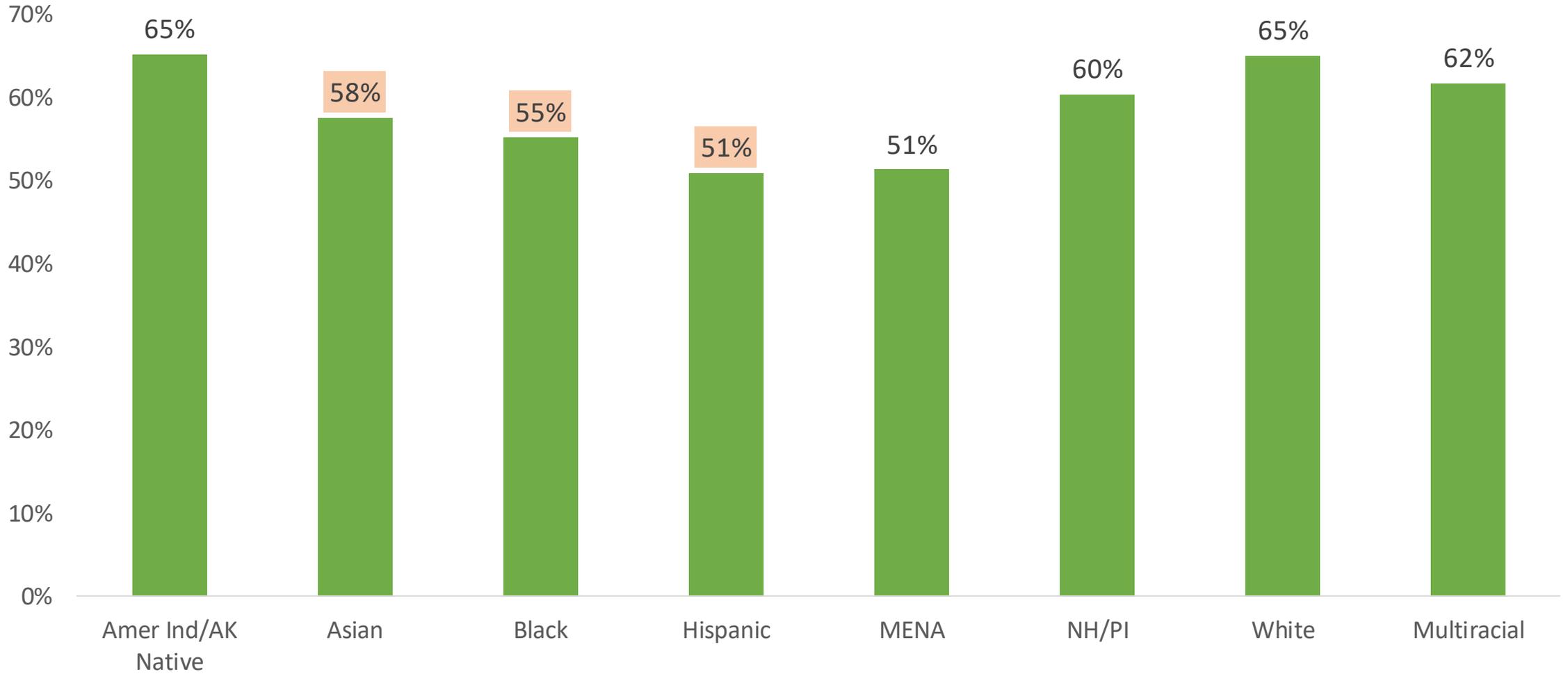
# "At least one teacher or adult at school really cares about me"

6th gr 8th gr 11th gr



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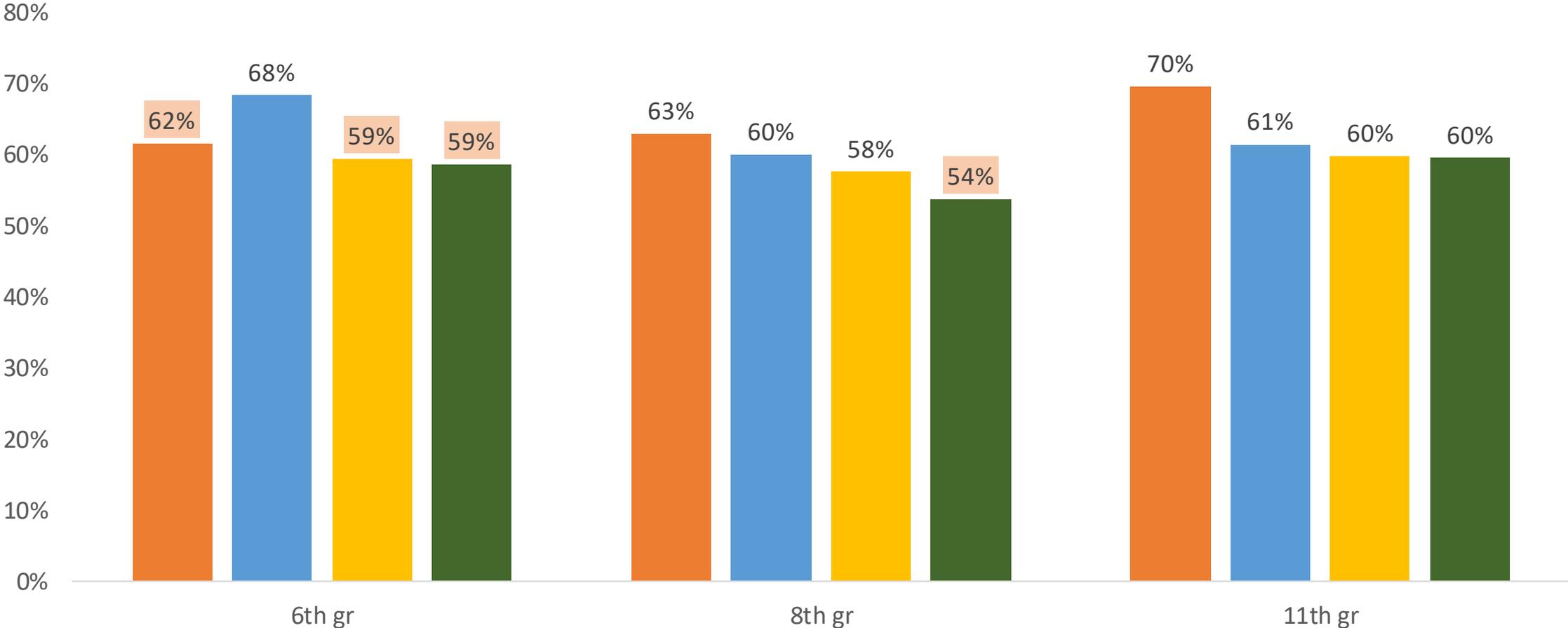
Teacher/other adult at school really cares about me (8th gr: % Very much/pretty much true)



2022 Student Health Survey

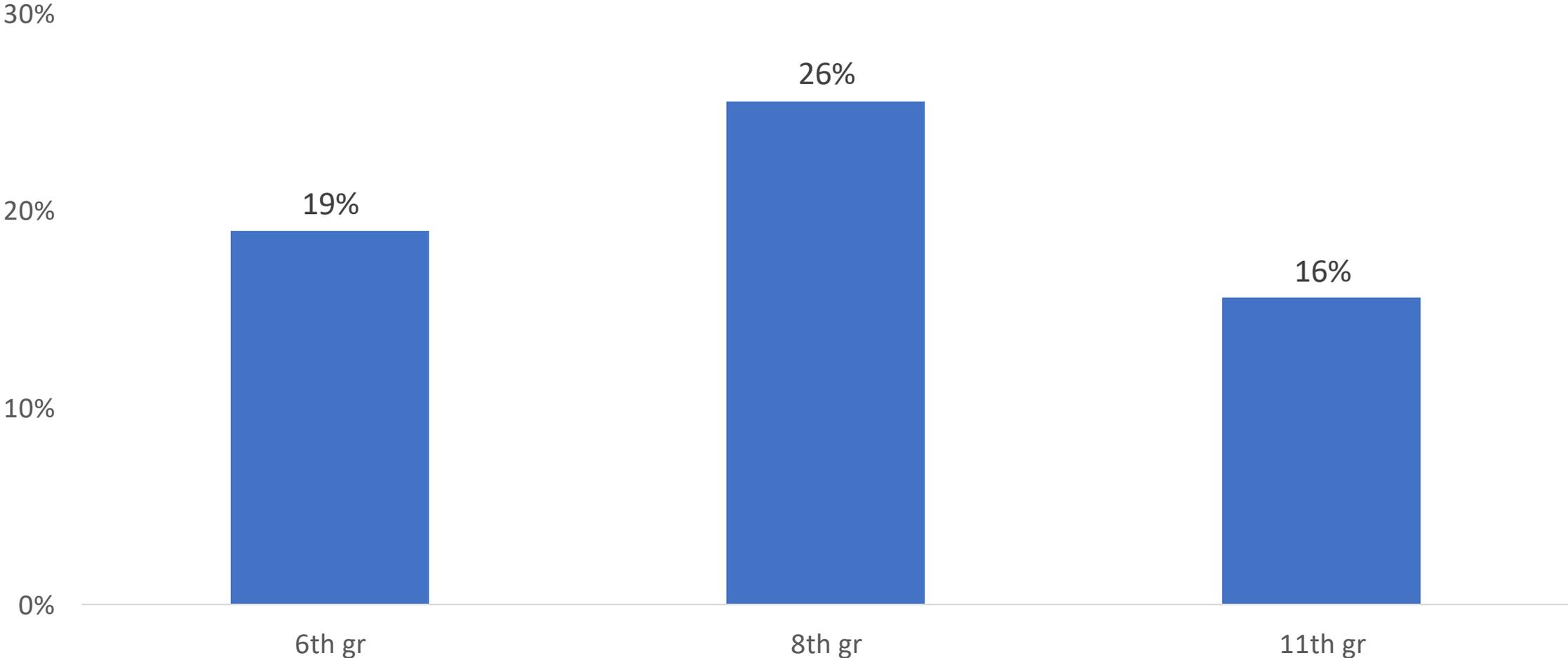
### Teacher/other adult at school really cares about me (% Very much/pretty much true)

Gay/lesbian   Straight   Bisexual/Pansexual   Queer/Multiple/Asexual/Not sure



2022 Student Health Survey

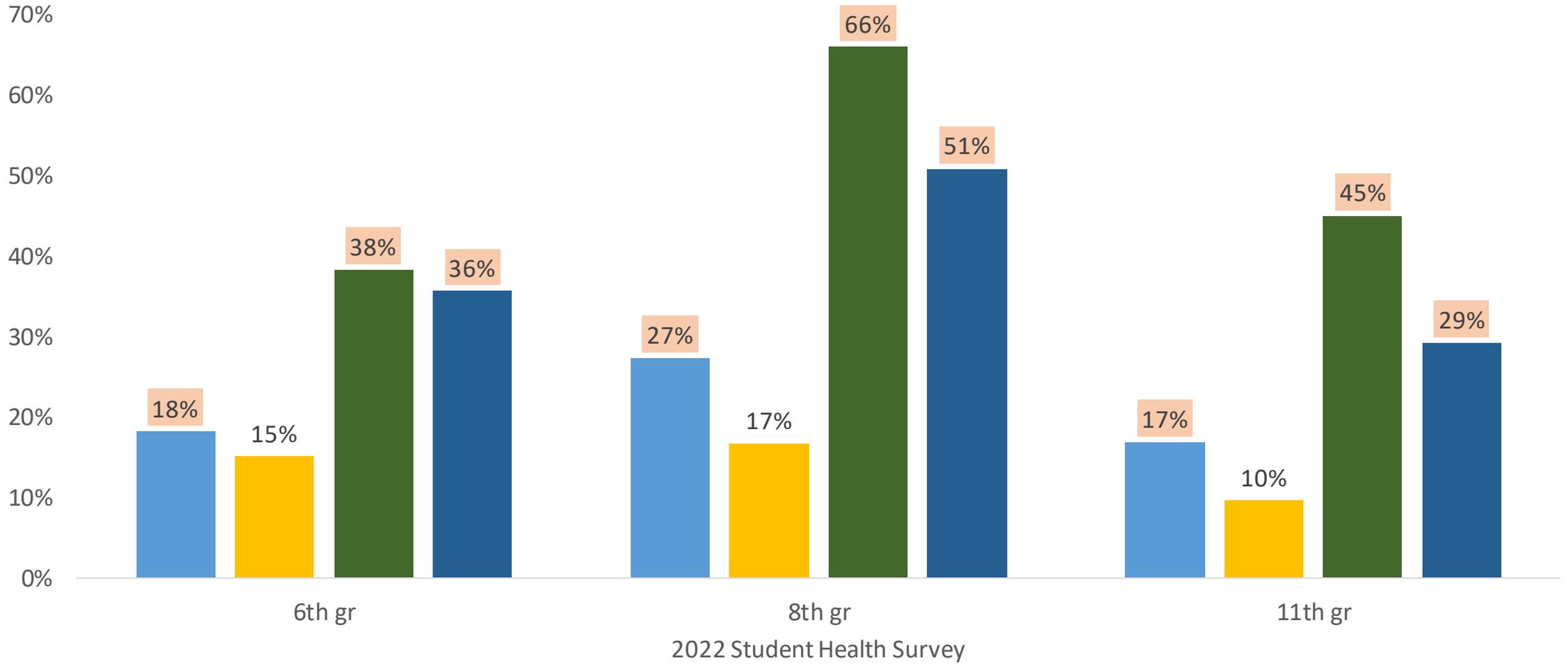
# Was bullied at school in past 30 days



2022 Student Health Survey

### Was bullied at school in past 30 days

Female Male Transgender Gender expansive





# Youth Voice

Promoting youth voice through the SHS

# Highlighting Youth Voice

## SHS Youth Data Council (YDC)

- Paid opportunity for youth ages 15-20 with experience in Oregon's public K-12 education system
  - Provide insight and guidance to improve the SHS
  - Address health equity and advance racial justice by amplifying the voices of *all* youth

## Youth Qualitative Data

- Increased open-ended questions in 2022
  - Based on youth & community feedback
  - “What keeps you happy, healthy, and or safe?”
  - Context for unmet health/MH needs and absenteeism
  - Strengths-based approach to analysis



## Resources & Contact Info

- Student Health Survey main page: [www.healthoregon.org/shs](http://www.healthoregon.org/shs)
- Student Health Survey Portal [www.bach-harrison.com/OSHSDashboard/Default.aspx](http://www.bach-harrison.com/OSHSDashboard/Default.aspx)
- Adolescent & School Health Unit [www.healthoregon.org/ah](http://www.healthoregon.org/ah)
- Sarah Knipper (ASH Research & Data Lead) [sarah.knipper@oha.oregon.gov](mailto:sarah.knipper@oha.oregon.gov)